money saved on energy costs. Roughly two thirds of the city's houses were constructed prior to 1978, and use up to 3.5 times the energy of newer residences. San Diegans can receive cash rebates up to \$800, and trim hundreds off their annual electricity bills, by implementing one of three packages in the city's energy-conserving retrofit program:

Package 1 — Rebates of \$200-\$600, depending on income:

Install or increase attic insulation up to R-30 level. Install Low-e double-pane windows. Install low-flow shower heads. Wrap water heater where appropriate.

Package 2 — Rebates of \$400 to \$800, depending on income:

Do all in Package 1 and install a new high-efficient furnace.

Package 3 — Rebates of \$300-\$500, depending on income.

Install or increase attic insulation up to R-30 level. Install Low-e window film. Install compact fluorescent bulbs. Wrap water heater where appropriate.

Eligibility to participate in the Whole House Energy Retrofit Program runs until December 31, 2003. For more information, call the city's Environmental Services Department at (858) 492-6004, or go online to www.sandiego.gov/environmental-services/, and go to Energy Conservation and Management.

Residents may also be available for rebates from San Diego Gas and Electric when they purchase energy star appliances or make certain energy-conserving changes to their homes or businesses. Log on to www.sdge.com for details.

In addition, SDG&E offers customers a free In-Home Energy Profile. Call 1-800-411-SDGE (7343) to schedule an appointment for an SDG&E energy service representative to visit your home and analyze how your appliances are using energy. The representative will then recommend a list of cost-saving measures developed specifically for your unique energy needs.

Practical tips to conserve energy and cash:

Turn off lights and other appliances when you're not in the room.

Don't use the dishwasher until you have a full load.

Set the dishwasher to run late at night, or in the early morning hours.

Try to avoid using appliances during peak hours—11am through 5pm.

When purchasing a new appliance, choose an energy star model.

Install compact fluorescent bulbs.

Install a timer to automatically control the hours your exterior lighting is on.

Keep your refrigerator condenser coils free of dust and dirt.

Wrap your water heater.

Set your water heater temperature to 120 degrees.

Install low-flow shower heads.

Use a fan instead of an air conditioner when possible; you'll save 78 cents an hour.

Strategically placed landscaping, awnings and overhangs can shade your home, keeping it cooler in summer.

An electric skillet, broiler oven or toaster oven will use half the energy of a full-size oven or stove.

Defrosting food before you put it in the oven or on the stove to cook will save time and energy costs.

If you're using more than one space heater in your home, it's probably cheaper to just use the gas furnace to heat the whole house.

Compiled with information from the SDG&E website at www.sdge.com, and the San Diego Environmental Services Department, www.saneidgo.gov/environmental-services/